



REDUCING THE RISK / MAKING SAFER CHOICES Curriculum Training

Refusal Skills and Delaying Strategies that Work with Young Adolescents

MAINE HEALTH EDUCATION LEARNING RESULTS IN ACTION
A TWO-DAY, NO COST, HIV/STD & PREGNANCY PREVENTION
CURRICULUM IMPLEMENTATION TRAINING

DATES: May 9 & 10, 2012, 8:00 a.m. - 4:00 p.m.

PLACE: Maine Principals' Association, Augusta, Maine

This pregnancy, sexually transmitted diseases & HIV prevention researched, evidence-based curriculum is *recommended for upper middle school level* and is taught at both eighth and ninth grades in Maine.

The curriculum, which is based on several behavior change theories, has been widely used in Maine schools. Refusal skills, delaying skills and skills to deal with social pressures in sexual situations are taught throughout this revised 12-lesson curriculum. These skills can be used in other health risk behavior areas. We have combined the best of Reducing the Risk (RTR) and Safer Choices to update the effective Reducing the Risk/Making Safer Choices curriculum.

In Maine, ***we have increased the rate of sexual abstinence among middle (83%) and high school students (53.5%), plus increased the use of protection among those that are sexually active (68% and 63.6%, respectively).*** The abstinence-based skills covered in the Reducing the Risk/Making Safer Choices curriculum have been proven to increase the delay in the onset of sexual intercourse. The curriculum effectively addresses behaviors that protect one's sexual health. It is abstinence-based and supports positive sexual health outcomes for adolescents.

***"Awesome,
fun, and
dynamic!"***

***"This is the
absolute BEST
workshop I have
ever been to."***

***"Excellent pacing of
lessons; totally engaged
students; students using
skills outside the role
plays – they got it!"***

--Quotes from middle school participants

The training offers the following:

- ✓ *Free* teacher-friendly curriculum that works!
- ✓ Student-centered curriculum proven to delay onset of sexual intercourse and reinforces refusal skills across the curriculum
- ✓ *Free* training that is interactive and fun!
- ✓ Meets Maine *Learning Results* in health education
- ✓ Training for new staff in previously trained schools
- ✓ Model tasks for local assessment
- ✓ No cost lunch

Feedback from teachers who are trained in Reducing the Risk /Making Safer Choices in Maine indicate that the curriculum is well liked and easy to use. Most teachers continue to use it with minimal modification. They report their students respond well to the material. One participant summarized what they liked about the curriculum in this quote, *“Made me feel like a powerful person in my school because sometimes we as health educators get pushed aside compared to language arts, math or social studies teachers.”* Another comment is, *“It was very informative; it helped me to open myself up to the issues about adolescence. I learned much from the participation of others.”* *“Thank you for the opportunity - It has given me more confidence as an instructor, as well as a broader perspective on the most important issue,”* and, *“The training workshop itself was great.”*

The registration deadline is Wednesday, April 25. To register on-line, go to:

<https://www.surveymonkey.com/s/57QHGT6>. Please call us at 624-6692 or e-mail:

hiv.doe@maine.gov with any questions you may have. PLEASE NOTE: We prefer two staff members from a school system attend training so that there is support for implementation.

If you are awaiting approval to attend, contact us to save you a slot. A curriculum fact sheet to show your school administrator can be provided to you.

Middle and Junior High Schools' attendance encouraged!

We look forward to seeing you at the training!